



SUMMER VOLLEYBALL TRAINING ACADEMY

VOLLEYBALL SESSIONS

INCLUDE:

- INDIVIDUAL SKILLS INSTRUCTION
- COMPETITION TRAINING
- GAME STRATEGY
- POSITION INSTRUCTION
- MENTAL TOUGHNESS TRAINING

SPORTS PERFORMANCE SESSIONS

INCLUDE:

- FOAM ROLLING TECHNIQUES
- FLEXIBILITY AND MUSCLE ACTIVATION
- BALANCE AND STABILIZATION
- SPEED IMPROVEMENT
- ACCELERATION AND DECELERATION TECHNIQUES
- LINEAR AND LATERAL MOVEMENT MECHANICS
- CORE STRENGTH
- EXPLOSIVE POWER
- INJURY REDUCTION

ABOUT HEAD COACH DENNY WERNER

UNDER COACH WERNER, THE GARDEN SPOT SPARTANS HAVE WON 3 LANCASTER/LEBANON LEAGUE SECTION 2 CHAMPIONSHIPS IN 2006, 2007 AND 2008, A LANCASTER/LEBANON LEAGUE CHAMPIONSHIP IN 2008, A PIAA DISTRICT III SEMIFINALIST FINISH IN 2007 AND 2008 AS WELL AS A PIAA AAA FINALS APPEARANCE IN 2007 AND SEMIFINAL APPEARANCE IN 2008. IN 2007, COACH WERNER WAS HONORED AS THE "L/L LEAGUE COACH OF THE YEAR" NAMED BY THE LANCASTER NEW ERA PAPER. SPOT VB HAS QUALIFIED FOR THE LANCASTER/LEBANON LEAGUE PLAYOFFS IN 10 OF 12 SEASONS, DISTRICT III AAA PLAYOFFS FOR 9 STRAIGHT SEASONS AND PIAA STATE PLAYOFFS IN 2 OF THE LAST 3 SEASONS. COACH WERNER IS A MEMBER OF PVCA, AVCA AND HOLDS A USA VOLLEYBALL CAP 1 AND IMPACT CERTIFICATION

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